

Caring for Loved Ones Doesn't Have to be a Lonely Job

One out of four adults provides assistance to an elderly or disabled family member. The best way to help is to recognize it is not all up to you. Ask for help!

Help comes in many forms. Here are a few examples:

Adult Day Centers: Social, recreational and health services in a safe environment for people who cannot be left alone during the day.

Respite Care: Short-term relief to families caring for disabled family members. A qualified person takes care of your loved one, in your home or outside, so that you can get a break.

In-Home Aide Services: Assistance with non-medical activities such as bathing, dressing, eating, and other personal care activities.

Home Modifications: Home improvements that increase safety, ease of use, security and independence.

Escorted Transportation: Rides and an escort for people who do not have private transportation and who are unable to use public transportation.

Support Groups: Sharing information, feelings, and advice. Support groups can be in-person, by telephone, or over the internet.

Hospice: Care of terminally ill people that emphasizes symptom management and emotional support.

Find out about these and other services in the community by calling
Montgomery County Senior InfoLine 240-777-3000 / TTY 240-777-4575.

Other telephone hotlines and information services include:

Holy Cross Caregiver Resource Center 301-745-7152

Alzheimer's Association 24-hour, toll-free hotline 1-866-259-0042.

Check out these helpful internet resources, too:

- The Senior Resource Guide (www.seniorbeacon.com/guide) lists local service providers in Montgomery County.

- The Guide to Retirement Living (www.retirement-living.com), with links to Maryland and Montgomery County, provides a complete database of senior housing, assisted living, nursing homes, and home health care services. Includes cost range and services for each facility.
- Family Caregiver Alliance (www.caregiver.org). This national website provides tips and advice, fact sheets, a newsletter and information on policy and research. You can sign up for on-line discussion groups for caregivers, and listen to helpful audio presentations for caregivers on your computer, iPod or MP3 player.